

# Chef Mayra's Sinfully Delicious World Of

# Vegan CUISINE

## Special Workshop!

A Healthy, Fun Culinary Experience  
From A Yoga Perspective!

**SATURDAY, NOVEMBER 7 1:30 - 4 PM EAST YOGA SANCTUARY**

From basic dishes to world-class entrees and decadent desserts, gourmet Chef Mayra Trabulse brings vegan cuisine to scrumptious new heights. Chef Mayra is considered Las Vegas' number one vegan chef, and at this special workshop, she'll give special emphasis to how vegan food is really a companion to yoga. BOTH bring peace and well-being to body, mind, and spirit and have amazing healing qualities. To set the tone, Sherry Goldstein will kick off the workshop with about 20 minutes of breathing and gentle yoga stretches. Then Chef Mayra will take you on a soul-satisfying food adventure into the world of vegan cuisine. Learn about the many health benefits of a vegan diet, basic cooking techniques and sample some of Chef Mayra's sensational dishes like Indian curry, Caribbean specialties ... and vegan brownies *to die from*. Plus, take home delicious, easy-to-make recipes. Chef Mayra has been in the healthy eating and cooking industry for over 11 years. She has certifications in Sports nutrition, Macrobiotic cooking, Vegan, Vegetarian, Holistic and Feng Shui cuisine. Her specialties include French, Caribbean, Southern, Cajun and West African.

Workshop fee: \$25 till October 31/\$30 after. Open to everyone. No cooking or yoga experience required.



LAS VEGAS' PREMIER PLACE FOR YOGA (east studio) 9480 S. Eastern #252 702-407-0043

Studio Website: [www.lasvegasyoga.com](http://www.lasvegasyoga.com) BLOG: [www.yogarantsandraves.com](http://www.yogarantsandraves.com) TWITTER: [www.twitter.com/yogasanctuary](http://www.twitter.com/yogasanctuary)

